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## **PSI AND HEMI-SYNC® (PART I)**

*by Linda Leblanc*

*Linda Leblanc, a graduate of three TMI residential courses, has had an interest in psychic phenomena from an early age. She is a cofounder and director of Psychognosia, a not-for-profit multidisciplinary research center for the study of anomalous phenomena, based in the eastern Mediterranean island of Cyprus.*

Since completing three TMI courses, I have noticed a marked increase in my sensitivity, intuition, and psychic ability. In my opinion, the continued use of Hemi-Sync has had the effect of enhancing these often misunderstood phenomena. There has always been a high degree of public interest in the paranormal, but now even businesses are getting involved in research. Some years ago, Sony set up its own parapsychology research laboratory. With the U.S. government-funded studies into remote viewing (the psychic spying project labeled Stargate) now in the public domain, further debate on the topic of psychic functioning has been sparked.

In 1995, the CIA undertook an overall assessment of the Stargate program with some interesting results. Jessica Utts, a Statistics Professor at the University of California at Davis, and Ray Hyman, a well-known critic of experimental methodology in psychic research, were commissioned to conduct the review. Utts' assessment was quite positive, stating, "At this stage, using the standards applied to any other area of science, the case for psychic functioning has been scientifically proven." Hyman, while remaining unconvinced, found no problem with the research protocol and stated, "The case for psychic functioning seems better than it ever has been." Strangely, the CIA concluded that remote viewing had not been used successfully in actual operations, ignoring evidence to the contrary. The existence of psi is now generally accepted as proven, based on an analysis of laboratory data collected in scientific studies conducted by parapsychologists. Recently, even the long-skeptical Hyman agreed that investigations should now move away from proof-oriented experiments and focus on how the phenomena work.

In my quest further to understand the paranormal, I completed a course in the summer of 1997 at the Rhine Research Center (RRC), Institute for Parapsychology — the successor of the world-famous lab headed by Dr. J. B. Rhine for three decades at Duke University. RRC is internationally known as one of the premier research and educational centers for the scientific study of psychic phenomena. Amazingly, there are only a handful of scientists working full-time on parapsychological research, with fewer than ten laboratories worldwide active in this field.

The two-month Summer Study Program (SSP) is held at the home of the Institute, a charming historic residence adjacent to Duke University, in Durham, North Carolina. This well-respected

course is the preeminent training ground for future parapsychologists. An impressive array of subjects are covered. Lecturers are some of the world's leading researchers of psychic phenomena. The SSP focuses primarily on experimental parapsychology—the methods and findings of laboratory research into extrasensory perception (ESP) and psychokinesis (PK) and the controversies and implications of these findings for science and society. Spontaneous phenomena such as out-of-body experiences (OOBEs), near death experiences (NDEs), reincarnation, apparitions, poltergeists, and mediumship are also addressed. Robert Monroe's OOBE lab work is included, along with lectures on scientific theories of OOBEs. In workshops, students have the opportunity to take part in laboratory psi experiments as subjects and experimenters. While much of the course material is quite technical and includes statistical and mathematical analysis of laboratory data, I felt enriched—despite my non-science background—by learning how to decipher the scientific jargon.

Some ongoing ESP experiments at the RRC use custom-created, non-verbal Hemi-Sync tapes to induce altered states of consciousness (ASC). Research has shown that people most often report psychic phenomena while in such states. Psi-conducive characteristics associated with ASCs include a physically relaxed state, reduced physical arousal, reduction in sensory input, increased awareness of internal processes, and increased right hemisphere functioning. These characteristics were reflected in my own experiences with Hemi-Sync. Consequently, as part of the SSP course, I designed an experiment to test the effectiveness of Hemi-Sync during a double-blind ganzfeld/ESP test. The ganzfeld technique is a mild form of sensory isolation. With translucent eye covers, the red lighting in the room is perceived as pink by the participant and, combined with "pink noise" heard over headphones, induces a mild ASC. There are two participants, a sender and a receiver. The target is randomly selected by computer from a pool of 156 different targets. My experimental design would involve a minimum of 100 participants and take about a year to conduct. A Hemi-Sync tape would replace the pink noise usually employed in the ganzfeld. Upon formal presentation to the staff and students, my idea was well received. There was general agreement that it would be a worthwhile experiment. Unfortunately, the usual shortages of funding and staff are limiting factors.

During this intensive course, we learned of a fascinating recent discovery by researcher James Spottiswoode. There appears to be a correlation between enhanced ESP performance and a particular slot of Local Sidereal Time (LST) around 13:30. LST refers to "star time" and is based on the specific chunk of sky overhead at varying times of our solar day. Spottiswoode is Director of Research for the Cognitive Sciences Laboratory, set up by Dr. Ed May after the end of the government-funded remote viewing program, in which Joseph McMoneagle was an outstanding participant. Spottiswoode's research, first published in the *Journal of Scientific Exploration*, volume 11, no. 2, summer 1997, correlates an LST window of approximately two hours duration with enhanced psi performance. There is also equally strong evidence that psi functioning falls off around 18h LST. These initial studies imply that something in the cosmos is affecting psi during these times. Spottiswoode's analysis of lab data covering a twenty-year

period showed an incredible 450 percent increase in ESP performance during a particular LST slot. Researchers at RRC and other centers are now trying to schedule their lab tests, when convenient, during this window.

Just what is this influence and how does it work? This is yet to be discovered. One speculation is that when the earth is oriented in this 13:30 LST slot, there is less “galactic noise,” which may lead to enhancement of anomalous cognition (AC). LST is not the same as solar time. There is a difference of almost four minutes per day. Thus, the relationship to our solar time migrates throughout the year. In other words, 13:30 LST equivalent solar time changes daily. Spottiswoode’s latest findings show a relationship between geomagnetic field fluctuations, solar wind, and AC. It is theorized that some component of solar activity is modulating the amount of AC observed in the laboratory (see Parapsychological Association 40th Annual Convention, Proceedings of Presented Papers, 1997).

So what does all this LST stuff mean for us?? Well, for me, it confirmed something I have long known intuitively—that we are children of the universe, intimately connected to the cosmos. After all, our bodies are composed of star dust. That scientists are now researching this connection is encouraging. Their findings may eventually bridge the philosophical and the scientific disciplines. My foray into the scientific study of psi has been of enormous personal benefit. Nicely complementing the TMI experience, it has led me to a more complete integration and understanding of those magical encounters that occur when inwardly focused—surfing the “Innernet”!

*See also Psi and Hemi-Sync (Part 2) (TMI Focus, Vol. XXI, No. 3, Fall 1999) (Perceptual Studies/Out-of-Body Experiences)*

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